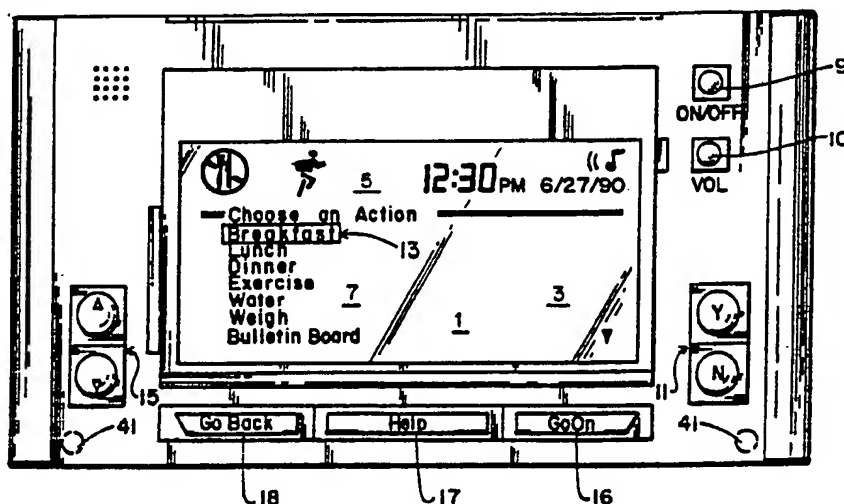




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(21) International Application Number: PCT/US92/00330 (22) International Filing Date: 13 January 1992 (13.01.92) (30) Priority data: 639,425 11 January 1991 (11.01.91) US (71) Applicant: HEALTH INNOVATIONS, INC. [US/US]; 12355 Sunrise Valley Drive, Reston, VA 22091 (US). (72) Inventors: ABRAMS, Philip, S. ; 1606 Forest Lane, MacLean, VA 22101 (US). BEHAR, Al ; BEHAR, Orna ; 11408 Drop Forge Lane, Reston, VA 22091 (US). BRENNEMAN, Scott, A. ; 2843 Windsor Drive, No. 201, Falls Church, VA 22042 (US). FREDERIKSEN, Lee, W. ; 1632 Morrill Court, McLean, VA 22101 (US). IDE, Nicholas, C. ; 4806 Guilford Road, College Park, MD 20747 (US). JEROME, Albert ; 700-2A Tamarack Way, Herndon, VA 22070 (US). LINK, Donald, A. ; 5225 Windmill Lane, Columbia, MD 21044 (US). LINNELL, Dennis, J. ; 902 Ridge Drive, McLean, VA 22101 (US). PRITCHARD, Marilyn, J. ; 10717 Lady Slipper Terrace, Rockville, MD 20852 (US). SINGER, Hyam ; 691 Concerto Lane, Silver Spring, MD 20901 (US). SWISHER, Gerald, J. ; 6653 McLean Drive, McLean, VA 22101 (US). TIMMERMAN, Catherine, T.; 2910 Barker Street, Silver Spring, MD 20910 (US).		(74) Agent: NELSON, Jeffry, H.; Nixon & Vanderhye, 14th Floor, 2200 Clarendon Bld., Arlington, VA 22201 (US). (81) Designated States: AT, AT (European patent), AU, BB, BE (European patent), BF (OAPI patent), BG, BJ (OAPI patent), BR, CA, CF (OAPI patent), CG (OAPI patent), CH, CH (European patent), CI (OAPI patent), CM (OAPI patent), DE, DE (European patent), DK, DK (European patent), ES, ES (European patent), FI, FR (European patent), GA (OAPI patent), GB, GB (European patent), GN (OAPI patent), GR (European patent), HU, IT (European patent), JP, KP, KR, LK, LU, LU (European patent), MC (European patent), MG, ML (OAPI patent), MR (OAPI patent), MW, NL, NL (European patent), NO, PL, RO, RU, SD, SE, SE (European patent), SN (OAPI patent), TD (OAPI patent), TG (OAPI patent). Published <i>With international search report.</i>

(54) Title: METHOD AND APPARATUS TO CONTROL DIET AND WEIGHT USING HUMAN BEHAVIOR MODIFICATION TECHNIQUES

**(57) Abstract**

In the preferred embodiment, a hand-held computer (2) prepares and monitors a goal-oriented weight, nutrition and exercise control program. Visual (5) and audio prompts (140) tell users when to eat and exercise, and provide suggestions for what to eat. The computer (2) assists the user in setting safe goals for desired weight loss and the time required to achieve the loss. The user follows menu and exercise programs suggested by the computer. The computer records and analyzes the user's food consumption, exercise and weight loss programs (800). Finally, the computer displays feedback information (1300, 1400) regarding the user's progress towards achieving the desired weight.